

Foundation Pieced Jacket

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You need to choose a set-in-sleeve style sweatshirt for the foundation of the jacket. Your sweatshirt needs to be a bit big on you. Keep in mind that you will lose only 1" around in the construction of the jacket. You need to decide how you want your jacket to fit. For a medium sized person, I used a boy's extra large and it worked great.

You will need 8 fat quarters for a small or medium sweatshirt. You may want to add an additional fat quarter if you are using a large sweatshirt.

Supplies needed:

Sweatshirt with set-in-sleeves -- choose one that blends with the colors of your fabric as the inside will show.

8 fat quarters for small or medium, one extra for a large

2/3 yard accent fabric for trim and binding

Contrasting thread (for trim and binding)

Thread to match the sweatshirt

Basic sewing supplies

Cutting the fat quarters into strips of nine: From each of the fat quarters cut 9 – 2" X 22" strips. Cut the strips from the longest length of the fat quarter, which should measure approximately 18"X22". These strips will be used randomly to create the diagonal design on the sweatshirt.

Cuts from the accent fabric: From the width of the fabric, cut 3 – 1 3/4 "strips. (crosswise)

Preparing your sweatshirt to be the foundation: cutting very carefully, remove the ribbed neckband, cuffs, and the ribbing at the sweatshirt bottom. Lay the sweatshirt flat (front facing up). You may need to even up the bottom edge at this time. You will now be making four cuts. (see diagram 1)

Cut 1 – Measure and mark the center front of the sweatshirt. Cut open THE FRONT ONLY!

Cut 2 – IMPORTANT: Try on the sweatshirt and mark a comfortable sleeve length, add 1" and trim the excess away at the sleeve bottom.

Cut 3 & 4 – You will now make a cut at each side fold. Cut carefully from the bottom edge to the underarm sleeve seam.

Using a seam ripper, take the sweatshirt apart at the sleeve seams and where the sleeve is sewn together. This gives you two flat sleeves. Be sure to mark the sleeves "left" and "right". Now, take apart the shoulder seam, you will now have two flat sleeves, 1 flat back and two flat fronts. Press to flatten out the seams.

Marking the sweatshirt – I use a permanent marker with a light hand. Mark your pieces as shown in Diagram 2.

Now the fun part – It is a good idea to use thread that matches the sweatshirt as your stitching will show on the inside of your jacket. The process of strip piecing used is simply beginning with one foundation strip, placed Right Side Up (RSUP) and then adding one additional strip at a time. The new strip is placed Right Sides Together (RST), stitched along one edge through all thicknesses, then flipped up and pressed into place.

Beginning with the Back and using the two diagonal and center back marks as guidance, center 1 – 2” strip on each diagonal line, (RSUP). These two pieces represent your Foundation pieces. Baste into place. Trim away excess along the Center Back Line and at the lower horizontal line. (see Diagram 3) **SAVE ALL YOUR SCRAPS, YOU WILL NEED THEM FOR THE LOWER EDGE PIECING.** You will now begin adding additional strips one by one, by placing new strips on top of the basted strips **RST** and stitching, using the edge of your presser foot as your guide, through all layers. The new strip is then flipped up or down and pressed flat. Trim away excesses as needed. (see Diagram 4) Continue adding new strips up and down and trimming on both sides of the diagonal. **SAVE THOSE SCRAPS.** Now, do the same for the two fronts, using your center cut as the Center Front Line.

Sleeves – Beginning at the 3 ½” mark line, lay one strip horizontal along the line RSUP. Add strips one at a time flipping, pressing, and trimming each new strip until the whole sleeve is covered. (see Diagram 5)

Adding vertical strips to the bottom edges – From the remainder of the strips, you will now add a vertical strip design at the bottom of the sleeves, fronts, and back. Choose a beginning spot with one Foundation strip RSUP and add, stitch, flip, press, and trim each new piece. You now have two fronts, one back and two sleeves that are totally covered in fabric and trimmed to match the edges of the sweatshirt foundation pieces. You also have raw edges down the center back and horizontal edges between the diagonal and vertical designs.

Decorative strips to cover raw edges – using the 3 – 1 ¾” strips cut from the accent fabric, sew each strip together Wrong Sides Together (WST) lengthwise. Trim away the seam allowance slightly. Laying the strip flat, press the seam open, centered along the back or wrong side. Center the decorative strips over the raw edges of the center back. Using contrasting thread, I machine Blanket Stitched the decorative strips along each edge. Center the strips horizontally over the raw edges between the diagonal and vertical designs on the back, fronts, and sleeves. (see Diagram 7) Your jacket foundation pieces are now complete. If you desire, you can add decorative stitching down the center of each strip.

Putting it all together – PLEASE NOTE: You will be sewing some seams together WST. This will give you a smooth finish on the inside of your jacket.

1. WST re-join your shoulder seams. Trim and press open. Center the decorative strip over this seam and stitch down with the same method used on the rest of the jacket.
2. Re-join each sleeve WST. Be sure right and left sleeves are on the correct side. Trim and press open. **These decorative strips need to be cut on the bias. Cut enough 1 ¾" wide bias strips to cover the two sleeve seams.** Stitch together using the same process as before. Center the bias strips over the sleeve seams and stitch down using the same method as the rest of the jacket.

Sleeve and side seams – RST pin the sleeve and side seams together beginning at the sleeve edge, matching the underarm seams and pinning the body side seam all the way to the lower edge. Stitch one long seam from sleeve edge to jacket lower edge on both sides of the jacket. I finished the seam allowance by serging.

Binding the remaining unfinished edges – from the remainder of your accent fabric, cut enough 2 ½" bias strips to trim the unfinished edges of the jacket. Sew strips end-to-end and press WST to form one long strip. Beginning at the enter lower back edge, lay the binding on top of the lower edge, all raw edges even and start stitching about 1" from the cut end. Stitch all the way around the outside unfinished edges of the jacket stopping 1" from the cut end. Match up the two cut ends and pin so the binding will lie flat on the bottom edge. Sew ends together then finish sewing the bottom edge. Do the same for the unfinished sleeve edges. Now, roll the binding to the inside of the jacket. Line the folded bias edge up with the stitching line and slip stitch into place.

Enjoy your jacket!!

Diagram 1

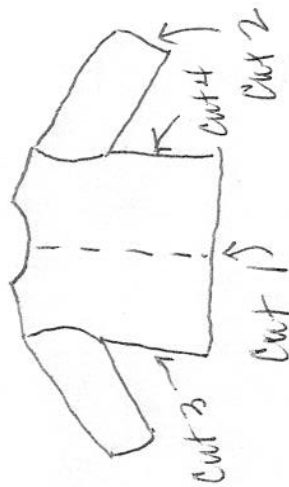


Diagram 2

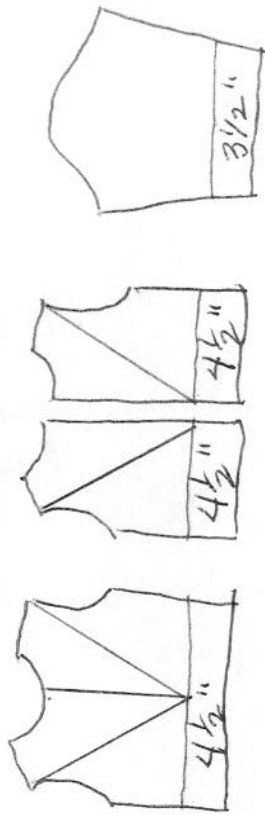


Diagram 3

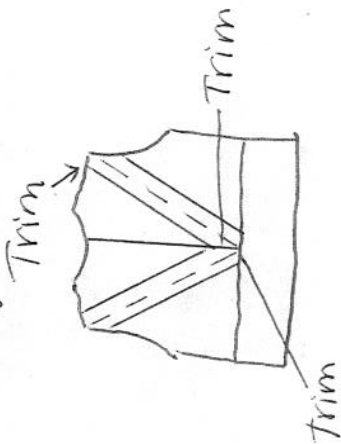


Diagram 4

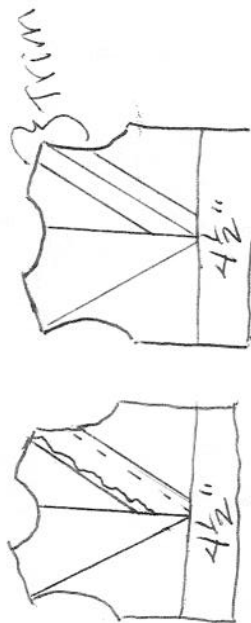


Diagram 5

